* Used Recipe Calculator and rounded because of the possible inaccuracy of the calculator
* Monday
  + Beverage: Horizon Organic Skim Milk
  + Main Dish: Asparagus Pasta Salad
    - <http://www.foodnetwork.com/recipes/rachael-ray/asparagus-pasta-salad-recipe/index.html>
  + Side Dish: Chicken Wings
    - <http://www.healthybalance.com/index.php/balanced-recipes/recipe/chicken-wings/>
  + about 560 calories
  + 1.5g of saturated fat
  + 22 g of protein
  + 314 mg of sodium
  + 1400 IU of Vitamin A
  + 10 mg of Vitamin C
  + 8 g of fiber
  + 400 mg of calcium
  + 3 mg of iron
  + 55 g of carbs
* Tuesday
  + Beverage: Horizon Organic Skim Milk
  + Main Dish: Chicken Tabouli Salad
    - <http://www.food.com/recipe/chicken-tabouli-tabbouleh-251092>
  + Side Dish: Toasted Crab Baguettes
    - <http://www.healthybalance.com/index.php/balanced-recipes/recipe/toasted-crab-baguettes/>
  + about 450 calories
  + 2 g of saturated fat
  + 42 g of protein
  + 400 mg of sodium
  + 1200 IU of Vitamin A
  + 13 mg of Vitamin C
  + 5 g of fiber
  + 340 mg of calcium
  + 3.5 mg of iron
  + 50 g of carbs
* Wednesday
  + Beverage: Horizon Organic Skim Milk
  + Main Dish: Thai-Chicken Salad Wrap
    - <http://recipes.kaboose.com/thai-chicken-salad-wrap.html>
  + Side Dish: Boston Baked Beans
    - <http://allrecipes.com//Recipe/Boston-Baked-Beans/Detail.aspx>
  + about 600 calories
  + 1.5 g of saturated fat
  + 45 g of protein
  + 340 mg of sodium
  + 1000 IU of Vitamin A
  + 12 mg of Vitamin C
  + 6 g of fiber
  + 300 mg of calcium
  + 2 mg of iron
  + 85 g of carbs
* Thursday
  + Beverage: Horizon Organic Skim Milk
  + Main Dish: Spring Shepherd’s Pie
    - <http://www.healthy-eating-made-easy.com/healthy-potato-recipes.html#shepherd>
  + Side Dish: Oatmeal-Blueberry Muffins
    - <http://www.healthybalance.com/index.php/balanced-recipes/recipe/oatmeal-blueberry-muffins/>
  + about 540 calories
  + 1g of saturated fat
  + 35 g of saturated fat
  + 380 mg of sodium
  + 1300 IU of Vitamin A
  + 17 mg of Vitamin C
  + 9 g of fiber
  + 320 mg of calcium
  + 1 mg of iron
  + 70 g of carbs
* Friday
  + Beverage: Horizon Organic Skim Milk
  + Main Dish: Herbed Lemon Chicken with Zucchini
    - <http://www.healthybalance.com/index.php/balanced-recipes/recipe/herbed-lemon-chicken-with-zucchini/>
  + Side Dish: Spinach Tortellini Soup
    - <http://www.healthybalance.com/index.php/balanced-recipes/recipe/spinach-tortellini-soup/>
  + about 500 calories
  + 1g of saturated fat
  + 30g of protein
  + 400 mg of sodium
  + 1500 IU of Vitamin A
  + 14 mg of Vitamin C
  + 10 g of fiber
  + 350 mg of calcium
  + 1.5 mg of iron
  + 50 g of carbs